

## ABSTRACT

A lighting unit comprises a light source, a light guiding plate disposed in the vicinity of the light source for guiding light from the light source, a first reflecting sheet disposed so as to cover a rear surface of the light guiding plate, and a second reflecting sheet disposed so as to cover the light source and the light guiding plate covered with the first reflecting sheet, wherein the first reflecting sheet is interposed and held between the second reflecting sheet and the light guiding plate. The first reflecting sheet may be formed by a single layer or plural layers.